

> 10

Blown away

> 15

Hanif Ali with hamper

> 16

Closed for Christmas



thenewhammag

issue 306 // 19 December 2014



Ho-ho-hoping
for a very Merry
Christmas

And a Happy New Year
from Newham Council

Starting school

If your child will have their 5th birthday between 1 September 2015 and 31 August 2016 you need to apply for a reception class place now.

The deadline for a reception class place for entry in September 2015 is **15 January 2015**. If you miss this date you will have less chance of getting the school that you prefer. Pick up a copy of the autumn 2014 edition of the Starting School guide from any Newham Council operated nursery, infant or primary school.

Apply online, to apply on time.



the newham mag



In this final 2014 edition of the Newham Mag, we share news of Christmas cheer that has been spreading across the borough. We've delivered 3,000 hampers full of treats to our older residents to make their holidays that little more special (p16).

We also share details about how we are taking action against those caught fly-tipping (p8). Tackling this problem will continue to be a priority for us in the new year.

While some services close during the festive break our website remains open all hours. So visit us online from the comfort of your home (p18).

Have a wonderful Christmas and all the best for the new year.

Councillor Ellie Robinson
Cabinet member for One Service and Building Communities (deputy)

Keep in touch with Newham Council via:

- www.newham.gov.uk
- @NewhamLondon
- www.facebook.com/newhamcouncil

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Publication of an advert in the Newham Mag does not constitute endorsement of any goods or services offered.

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Look out for the next issue out from 16 January
View the mag online at www.newham.gov.uk/mag

contents

19 December 2014 // issue 306

Regulators

- 04 NEWS** – two pages of news from across the borough
- 06 MAYOR'S VIEW** – news from Sir Robin Wales
- 10 WORKING LIVES** – ECA Music Stars Orchestra conductor, and soloist, Gareth Hoddinott
- 12 NEWHAM IN PICTURES** – your fortnight in photos
- 22 OUR NEWHAM** – community news
- 24 KIDS' CORNER** – pictures and puzzles for our younger readers
- 26 WHAT'S ON** – five pages of activities and events for you to try – most of them free



10



13



15



21

Features

- 09 TIPPING POINTS** – Fly-tipping prosecutions
- 15 SPREADING CHRISTMAS CHEER** – free hampers for older residents
- 16 ONLINE OVER XMAS** – we're open all hours online
- 18 STREET SCENES** – funding improvements around Crossrail stations
- 21 TACKLING TB** – a new screening programme

IN BRIEF //

Design work can start

A bid by Newham Council for funds to begin detailed design work on converting the Stratford one-way road system to two-way and improved pedestrian and cycle links in the Royal Docks has been successful.

Following feedback from residents money was sought from Transport for London to support transport and public realm projects contained in the council's Local Implementation Plan for 2016/16.

The council has secured £1m to produce detailed plans aimed at reducing the dominance of traffic and improving conditions for cyclists, pedestrians and public transport users in Stratford. A further £120,000 has been awarded to improve walking and cycling links around the Royal Docks.

Newham's new directors

Newham Council has appointed two new directors who will start in January.

James Thomas will become director of commissioning (children's services); he was previously Westminster council's director of family services. Menadie Peasey will join as director of public health. She was previously the director for public health services for the In-Borough London partnership (Westminster, Hammersmith & Fulham and Kensington & Chelsea).

Animal Welfare team are top dogs

Newham's animal welfare team has won a prestigious Gold award in the RSPCA Community Animal Welfare Footprint awards.

The Gray Dog Footprint recognises local authorities who have clear procedures in place that ensure both the welfare of the dogs and a consistent service.

Boost for sporting activity



Two community organisations have joined forces in a new project that is designed to encourage more people to get fit and healthy.

East Ham Active has been set up by the Newham Renewal Programme community development organisation and Bonny Downs Community Association. It has been funded by Sport England.

The project offers a range of unusual and interesting sports such as walking football and catch wrestling, as well as regular favourites like dance and table tennis.

Newham councillors Ken Clark, Lakmini Sheh and Julianne Nemott attended the launch at the Hartley Centre in East Ham.

Councillor Clark said: "It is important that we all invest in sport and physical activity programmes to make sure something is available for everyone, regardless of age ability or interest."

Find out more by visiting www.bonnydowns.org/sports

Raising the roof at Olympic Stadium

The first of almost 10,000 roof panels has been lifted into place at the former Olympic Stadium in Stratford, marking another milestone towards it becoming a multi-use venue that will deliver a lasting sporting, cultural and community legacy in Newham.

Eight kilometres of cable not weighing 930 tonnes were lifted and connected before 112 steel roof rafter, the longest of which is 38 metres, were secured into place.

When complete the new roof will be twice the size of the original and will cover every seat in the Stadium, improving acoustics and the spectator experience for football matches, other sporting events and concerts.

Mayor Sir Robin Wales said: "This is another important step in ensuring the Stadium is ready to offer a lasting legacy of world class and grassroots sport and benefits for Newham residents."



The first roof panel is lifted



News

Chamber honours pioneering MP

The Council Chamber at the Old Town Hall in Broadway, Stratford, has been renamed in honour of pioneering local MP Will Thorne CBE.

The Will Thorne Chamber has been dedicated to mark the 125th anniversary of the GMB, the trade union that he helped create in Newham.

In 1889 Thorne, who lived in Plaistow, created a national union for gas workers and general labourers and became its general secretary. He first entered Parliament as MP for West Ham South in 1905. He also served for many years on West Ham Town Council and was an alderman and Mayor from 1917-18.

He retained his position in the union, which became the GMB in 1924, up to 1934.

Mayor Sir Robin Wales said: "It is fitting that we can honour Will, who contributed so much to supporting the rights of workers, in such a landmark year for the union he formed."



© Andrew Dyer

Support to end domestic violence

Newham Council joined organisations from across the borough to support 16 days of action as part of a campaign to end violence against women.

The campaign began on 25 November, International Day for the Elimination of Violence against Women, and ended on 10 December, Human Rights Day. It raised awareness around gender-based violence such as domestic abuse, rape, sexual assault, stalking, forced marriage and human trafficking.

An event at East Ham Customer Service Centre saw residents and professionals discussing impacts on victims and how organisations across Newham can help.

Councillor Ellie Robinson, deputy cabinet member for building communities, said: "Violence against women is unacceptable. We have a joint responsibility to ensure those who commit these acts are held to account."

If you need advice call Newham One Stop Shop on 0845 4512547. The line is available 24 hours a day, seven days a week. Find out more by visiting www.newham.gov.uk/dv



>> Christmas park and shop for free

Residents are reminded that parking is free at six Newham Council car parks on these days in the lead up to Christmas.

Free parking will be available all day on 22, 23 and 24 December at St John's Road East and West and Madge Gill Way car parks, all in East Ham, at Shaftesbury Road and Queens Market car parks in Upton Park, and at Bottle Point car park in Plaistow.

Motorists must park correctly within bay markings and adhere to length and height restrictions. If parked within a controlled bay you must display a valid Blue Badge. Failure to comply will result in a penalty charge notice.

Councillor Ian Corbett, mayoral adviser for environment and leisure, said: "We want to support businesses by encouraging residents to shop local in the lead up to Christmas."

The odds are stacked in our favour

Last month I led a coalition of councils from across the country and the political spectrum to call on the Government to support the nation's high streets against the blight of betting shops.

Some 63 councils have joined forces, demanding that the maximum bet on fixed odds betting terminals (FOBTs) is reduced from £100 to £2, bringing them in line with other gambling machines available on the high street.

"The clustering of bookies, often only a few doors apart, strangles our high streets by sucking away spending from retail outlets and running down our neighbourhoods"

This was in direct response to appeals from residents, who I met on their doorsteps, who have in the past seven years witnessed the 30 per cent increase in betting shops in the borough. We now have an unacceptable total of 86.

I am not anti-gambling, but I am opposed to the predatory nature of the betting industry which has been expanding outlets to capitalise on the profits from these terminals.

Figures from the Campaign for Fairer Gambling shows that there are double the number of betting shops in the 55 most deprived areas of the country, compared to the 115 most affluent.

The clustering of bookies, often only a few doors apart, strangles our high streets by sucking away spending from retail outlets and running down our neighbourhoods. Our local police have also told us that they are called to an incident in a betting shop at least once a day. The anti-social behaviour is not something our residents should have to experience when going about their daily lives.

Our call to reduce the maximum bet on FOBTs is not the first time we have tried to stop the proliferation of betting shops. Our Licensing Committee has refused licences to six stores since October 2010. Despite our objections, including arguing that these machines were the primary factor for chains opening new stores, these refusals have been overturned on appeal.

This has been incredibly frustrating, but I will not be deterred from standing up for our high streets and residents against greedy bookmakers who are relying on making a quick buck on a computer roulette wheel.



Cllr Helen Jones and Cllr Kevin Clark outside one of the many betting shops in Wrexham.

Mayor's view



Merry Christmas everyone



On behalf of everyone at Newham Council, I wish you a happy, healthy and safe Christmas and a prosperous New Year.

For many it is a joyous time filled with family and friends. For others it can be difficult and we must think of them.

The past year has not been without its challenges. The Government's cuts to the council's budget have made things tough, but through innovative ways of working, we continue to protect services we know are important to you.

Our Every Child programme goes from strength to strength. The free music, sport, reading and theatre we provide, and the free school meals we continue to offer, equip children with the skills, experiences and confidence to achieve their potential.

The eight Community Neighbourhood Teams we established this year are

strengthening the local networks we know are so important for community resilience. These dedicated teams, led by local councillors, are working with you to decide what your neighbourhood needs and to get things done. Over the past few weeks the teams have been delivering Christmas hampers to 3,000 older residents. I know these have been gratefully received, especially by 86-year-old Walter Geal who I visited.

It has also been great to see so many residents getting involved in the Christmas activities that the Community Neighbourhood teams have worked hard to organise. The most recent of these were in Green

Street, Upton Park, and Woodgrange Road, Forest Gate. I thank all the volunteers and shops that helped out.

Christmas also offers us a time to reflect; so as we gather with family and friends let's not forget those who sadly are no longer with us. Newham lost one of its greatest servants in June with the death of Councillor Alec Kelley. He contributed much to political and civic life in Newham and he is greatly missed.

"On behalf of everyone at Newham Council, I wish you a happy, healthy and safe Christmas and a prosperous New Year."

Have a happy Christmas, but spare a thought for those who are working – the emergency and hospital services, the armed services and the council staff who are on hand to ensure we all have a safe and healthy time.



Sir Robin with Walter Geal, Cllr Linda Agius and Cllr Steve Morgan

with Sir Robin Wales

Sound Insulation Scheme

The Airport will be offering 2000 homes in the area the opportunity to have sound insulation installed at no extra cost.

For further information about the Sound Insulation Scheme or to enquire about what you can do to help reduce noise levels around your home, please visit www.londoncityairport.com/sound-insulation-scheme.



To find out more about the Sound Insulation Scheme, just visit the website www.londoncityairport.com/sound-insulation-scheme.

If you have any further questions about the Sound Insulation Scheme, the Airport team is available 24/7, year round, for further information, please visit soundinsulation@londoncityairport.com.

If you require any further information about the sound insulation detailed above, contact the scheme administrator on 0845 77 263478 or alternatively email enquiries@londoncityairport.com.

EXPLORE YOUR FUTURE

TO ENROL FOR JANUARY COURSES

CALL US ON 0800 8057 4999 • TELL US ABOUT IT TO BOOK
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SKILLS FOR YOUNG ADULTS

EAST HAM CAMPUS

MONDAY-FRIDAY 9.00AM-4.00PM

STRATFORD CAMPUS

MONDAY-FRIDAY 9.00AM-4.00PM



Join the activeNewham team and get more active in 2016!

Work out in our gyms, improve your swimming in our pools, try a new exercise class and play your favourite sport! We have everything you need to get fit and stay in shape.

Great value memberships with no contracts!

WWW.ACTIVENHAM.AC.UK | 0845 77 263478 | MEMBERSHIPS@ACTIVENHAM.AC.UK

Rainbow Leisure Centre,
14 Calton Street, Plaistow E13 8AZ

Kent Ham Leisure Centre,
281 Seaford Rd, Plaistow E13 8BT

Newham Leisure Centre,
381 Forest Ranger Lane, Plaistow E13 8PP

Memberships are only valid during term time.

Over 16s must be accompanied by an adult (16+ or older) or a child (under 16). It is mandatory and necessary, to wear a full mask ("face") at all times to protect the community against COVID-19.

newhamleisure

Newham London

active
newham

Doorstep dumpers done

Unwanted items dumped on our roads blight our borough. If you're caught fly tipping in Newham be prepared to pay the price – a fine of £50,000 or more, imprisonment, community service or a confiscation of goods – as two residents discovered.

Fly-tipping gardener Audrie Baguzs had the van he used to dump rubbish confiscated by Thames Magistrates' Court after he admitted offloading commercial waste four times on the slip road off the A13 close to Prince Regent Lane, E13.

Baguzs was caught on CCTV by Newham Council fly-tipping wood and green waste collected from his gardening business. He was also charged with failing to have a waste transfer licence.

He pleaded guilty to all counts last month and was sentenced to carry out 140 hours of community service, pay £3000 costs and a £50 surcharge. The magistrates also allowed Newham Council to dispose of his Mercedes Sprinter van, which was seized during the investigation, preventing him from using it to reoffend.

Failing to appear in court didn't stop Thames Magistrates' Court from fining Grant Hover from Canning Town £1,000 earlier this year after he was caught on CCTV dumping a mixture of domestic and commercial waste in the underpass at Wharfside Road, E16. Hover was ordered to pay £240 costs and a victim surcharge of £100, both to be paid within 28 days.

Councillor Ian Corlett, mayoral adviser for environment and leisure, said: "We have always taken a tough stance against fly-tipping, because we're working hard to

make the borough safe, clean and pleasant for residents and visitors. Let these prosecutions act as a warning to all that we will explore every avenue to trace down fly-tippers and stop them destroying our environment."

Don't dump it, let us pick it up

All Newham residents can request up to six items to be collected from their doorstep for free. Go online to see a list of more than 70 items that we collect.

Visit www.newham.gov.uk/bulkywaste

Residents can also get green garden waste, which is turned into composted, collected for free. Visit www.newham.gov.uk/greenwaste.

Report fly-tipping via the Love Newham app. Visit www.newham.gov.uk/lovenewham





Ending 2014 on a high note

In the past five years, Every Child a Musician (ECaM) tutor and orchestra conductor Gareth Hoddinott has seen the council's groundbreaking programme grow from a small pilot in a pocket of schools to a boroughwide initiative worthy of a fanfare.

Born in New Zealand, freelance trumpeter and lead brass tutor Gareth came to the UK in 2009 to further his skills as a musician. After spotting an advert for ECaM tutors he successfully applied to be part of what is now the largest and most successful free musical programme in the country. He said: "I was quite surprised how quickly it all took off! I remember talking to another tutor at our first assembly. We wondered what it was about, how it was going to evolve – and whether we'd get any work from it. Five years later it's still going strong and I don't know of anything as big anywhere."

"I love teaching in Newham. The kids are wonderful, the mix is great and I think some kids are more appreciative."

Like most professional musicians, Gareth first started playing at school, like the children at Park Primary School in Stratford, pictured, one of five schools he teaches in. He said: "It was like ECaM, but just once a week. The school band got me out of classwork. My parents paid quite a lot for my lessons – and they're not cheap. Lessons in London are even more expensive." Gareth's own experience is a stark comparison to that experienced by kids in Newham who, in Years 5, 6 and 7, get free music tuition and an instrument of their own to keep.

Gareth's passion for music grew as he did. After completing an honours degree in music he toured the world with New Zealand's Army Band. He said: "I have been so lucky to have had so many opportunities – and that's what we want for ECaM students. They have played at the House of Lords and in front of thousands of Under the Stars concerts, alongside world-class professionals like the Royal Philharmonic Orchestra. It's very exciting. I think that's why I do the job. There are not many people that can go home and think 'I've done something

beneficial today'."

At ECaM and the Stars Orchestra – which has evolved and now includes a choir – children from Newham have had opportunities to hone their skills and play to large audiences. With a current cohort of 25, the Stars Orchestra doesn't cherry-pick the best musicians: "The orchestra challenges those who have started to develop quickly and are progressing really well. We don't choose the kids that get into the orchestra, there are no auditions. What's important is that they can read music, they enjoy it and want to take it further."

Ten thousand children currently learn an instrument thanks to Newham Council. As well as the social benefits, Gareth has seen changes that have made a fundamental difference to the young people he has tutored: "We've seen some quite incredible things in terms of behaviour. There are some children who may not go on and become professional musicians but playing an instrument has helped them channel their energy in a different way."

As well teaching in Newham, Gareth is head of brass at a private school in Oxford. "I love teaching in Newham. The kids are wonderful, the mix is great and I think some kids are more appreciative. One of my students said practising can get a bit noisy, so he went to the park, or into the garden. And it's winter! It's amazing what kids will do when they really want to play!"

Gareth is excited by ECaM and hopes it grows beyond Newham so even more children can benefit. "Often tutors come and go but I've always wanted to keep working for ECaM. There's something really exciting about being on the bus and seeing a kid red carrying their trombone and knowing they're ECaM. It's a great job and a really special programme. I'm sure it will continue, develop and expand."

Visit www.newham.gov.uk/everychild to find out more about Newham's Every Child programme.



Newham in pictures



1 Market-ing Christmas the Forest Gate way Woodgrange Market goes festive for the switching on of the Forest Gate Christmas lights
2 Music for mind, body and soul Christmas cheer for Every Child a Musician students passing their musical grade exams 3 Green Street guitars at its Christmas lights switch on 4 Up cycling at Stratford's McGrath Road Centre for people with autism and learning disabilities, helping residents develop skills for work, 5 Heavy metal blacksmithing tutors Alan Chadborn and Sean Marshall prepare for the start of their New Year course (see page 23)



Love it and leave it...

...at your nearest
reuse and recycling centre

Give all those items you once loved but no longer need an opportunity to start a new life.

If you're having a clear out of items which can be reused, such as furniture, bicycles or paint, or materials which can be recycled such as wood, electrical items or scrap metal, don't throw them away - bring them to your local Reuse and Recycling Centre!

You will need to take either a council tax bill or a driving licence with your current address as proof of residence.

To find out more visit:
www.recycleforyourcommunity.com
 or call 0800 389 9918

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Newham London

Newham Council's Fleetcare

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 (Up to 3,500kgs design gross weight) by appointment only

Class 4 – Car – currently £40
 (including FREE winter health check when booked online)



Book online www.newham.gov.uk/MOT
 Or contact us on 020 8472 0343

Central Depot, Pollexton Road, East Ham, London E6 6BX

Newham London

FreedomPass RENEWAL 2015

Are You a Freedom Pass Holder?

Newham Council is taking part in a London wide scheme to renew all disabled person's freedom passes which expire on 31 March 2015.

Between September 2014 and January 2015 we will contact you with details of how to renew your freedom pass so it is ready for April 2015. You do not need to contact us.



If you have an older person's freedom pass that expires on 31 March 2015, visit www.newham.gov.uk/freedompass or call 0800 338 1433 for more information on how to renew your pass.

LONDON COUNCILS



L-R: Sir Robin, City Councillor, Walter Cool and City Clerk

Christmas comes early for thousands

Three-thousand elderly residents were delighted to receive an early Christmas gift from Newham Mayor Sir Robin Wales and councillors, who distributed hampers to residents during the festive period.

This first of its kind gesture was led by the council's Community Neighbourhood teams who identified vulnerable people aged over 70, who are on a low income and living alone.

Around 40 active Newham volunteers supported by local police joined the mass effort to deliver the thousands of hampers, each worth more than £35, filled with essential items including tea, coffee, tinned goods and biscuits.

Residents received a surprise letter notifying them of their early Christmas gift last month. One such resident was Walter Cool, 85, from Beckton. The born and bred EastEnders, who worked alongside his father as a waterman on the docks,

was presented with a hamper by Sir Robin, Beckton ward councillor Ayesha Chowdhury and cabinet member for building communities and public affairs, Councillor Ken Clark.

Walter said: "I was delighted to receive a letter offering me a Christmas hamper. It will make the holidays more enjoyable."

"I have never received a gift like this in the past. To receive one now has made me appreciate how much Newham Council is doing for its residents."

Sir Robin said: "The council are giving out hampers to older residents who need a little help. The hampers have been a welcome treat for residents and have brought the community together to deliver

this project, bringing a distinct festive feel to the borough."

"I'd like to thank all the volunteers that helped make this happen and wish everyone a merry Christmas."

The hampers were supported by donations from M&S cash and carry and Aspasia Good Causes Fund.

To play an active role in your community neighbourhood, or to find out more about what's happening locally, visit www.newham.gov.uk/communityneighbourhoods



Save time online

During the Christmas and New Year break most council offices will be closed but that doesn't mean you can't contact us. Go online to www.newham.gov.uk and you'll find us open all hours - you don't even need to leave your home.

My Newham is a self-service application that allows you to view and use lots of services online for free at your convenience. If you have not already signed up, register today at www.newham.gov.uk/mynewham and discover what's on offer – from bulky waste collections to secure online payments.

Why go online?

Say goodbye to queuing in an office or waiting on the telephone when you go online. You can log on and complete your task from the comfort of your home, or when you're on the move if using your smart phone. Here are some of the key things you can do online:

- > make a range of payments, including Council Tax and rent
- > book council services such as bulky waste collection
- > report problems including fly tipping
- > view personal account information and balances for council bills
- > view correspondence sent to you from the council
- > view benefit payment schedules
- > access Council Tax and Housing Benefit services.

All services take minutes to access and confirmation of your request is sent to your email, so you have an automatic record of council correspondence.

With free internet access at all of Newham's ten libraries, if you're not online at home and don't have a smart phone, you can drop into your local branch to book services at the touch of a button. Library staff are always happy to help. You can also renew library books online at www.newham.gov.uk/libraries.

Continuing the council's drive to cut costs while maintaining services, in 2015 we plan that following services will only be available online:

- > **bulky waste collection requests**
- > **green waste collection requests**
- > **new and replacement waste bin requests**
- > **building control appointments**
- > **electoral service requests for information**.

If you've not visited www.newham.gov.uk lately go online to check out the changes which have made the council's 24-7 shop window for residents even easier to use. The new layout gives priority to the

things that you and other residents search for most – including Council Tax, rubbish and recycling, housing and parking permits. To register for online services, simply visit www.newham.gov.uk/mynewham.

Christmas and New Year closures

On Christmas Eve, while residents rush around finishing last minute Christmas shopping, staff at Newham Council will be working as usual. However, most council offices and services, including libraries close from 25 December to Thursday 1 January.

Community Centres: closed from 25 December to 1 January

Newham's Contact Centre: A reduced service will operate from 8am-8pm on weekdays except Christmas Day, Boxing Day and New Year's Day

East Ham Customer Service Centre: closed from 25 December to 1 January. Visit www.newham.gov.uk to access popular council services

Leisure centres

Normal opening hours until 24 December. Thereafter:

East Ham: on 24 December, the centre is open from 7am-8pm. It is closed on Christmas Day, Boxing Day and New Year's Day and is open 8am-4pm on all other days, including 2 January. Normal hours resume on Saturday 3 January.

Newham: on 24 December, the centre is open from 6.30am-2pm. It is closed on Christmas Day, Boxing Day and New Year's Day and is open 8am-4pm on all other days until 31 January when it opens from 6.30am-2pm. Normal hours resume on Friday 2 January.

Barking: on 24 December, the centre is open from 8am-8pm. It is closed on Christmas Day, Boxing Day and New Year's Day but open 8am-8pm on all other days until Monday 5 January, except Saturday 27 December when it is open from 8am-7pm. Normal hours resume on Saturday 3 January.

activeNewham's customer service centre line will be closed on public holidays but open throughout Christmas and the New Year. Call 0300 124 0123 for information on all Newham's leisure centres or visit www.active-newham.org.uk.

For all Christmas closure details visit: www.newham.gov.uk/christmas

NewShare

Want to buy your own home in Newham? Can't afford a large deposit or the cost of buying on the open market? Newham Council's shared equity scheme, NewShare, could help you.

For more information and advice on buying a home using shared equity visit www.newham.gov.uk/NewShare

In partnership with

Balfron Eyes



Christmas and New Year revised refuse and recycling collection times

Newham London

Collection day	Revised collection day
Monday 22 December	Saturday 20 December
Tuesday 23 December	Monday 22 December
Wednesday 24 December	Tuesday 23 December
Thursday 25 December	Wednesday 24 December
Friday 26 December	Monday 29 December
Monday 29 December	Tuesday 30 December
Tuesday 30 December	Wednesday 31 December
Wednesday 31 December	Friday 2 January
Thursday 1 January	Saturday 3 January
Friday 2 January	Monday 5 January
Monday 5 January	Tuesday 6 January
Tuesday 6 January	Wednesday 7 January
Wednesday 7 January	Thursday 8 January
Thursday 8 January	Friday 9 January

Most recycling collections are now fortnightly.

Household waste remains a weekly collection.

Residents should visit my.newham.gov.uk for their collection calendar.

recycle

Visit [www.newham.gov.uk/
myneighbourhood](http://www.newham.gov.uk/myneighbourhood)



Rail roads - multi-million-pound investment secured

The arrival of Crossrail in 2019 will mean enhanced transport links for thousands of residents. Before the new carriages roll into Newham, areas around three stations will be improved with millions of pounds of investment.



Newham Council successfully secured funding from Transport for London (TfL) to transform public spaces around Forest Gate, Manor Park and Maryland stations. They will be served by Crossrail, a major new cross-London rail link connecting Heathrow and Maidenhead in the west to Shalford and Abbey Wood in the east.

The areas outside the stations will benefit from almost £7m – the biggest allocation secured by any London borough – to make them more pleasant for residents and visitors and provide better access to transport networks. This work will also improve

lighting, junctions and crossings, as well as create safe and secure walking and cycling routes. A similar scheme of improvements will be undertaken around Custom House station.

The new funding bid coincides with Crossrail's announcement that all stations will have step-free access – news welcomed by the council and campaigning residents.

Public consultations and the development of detailed designs for the schemes will begin in Spring 2016. The improvements across the borough are expected to be completed by 2019.

Street scenes: improvements ahead - 2019

Maryland - £3.022m

Improved, wider pavements around the station. Removal of the roundabout junction at Forest Lane replaced with a raised, signalled T-junction with better facilities for pedestrians and cyclists.

Forest Gate - £2.268m

Improved, wider pavements around the station. Removal of the left slip road to Woodgrange Road from Forest Lane replaced with a raised, signalled T-junction with better facilities for pedestrians and cyclists.

Manor Park - £1.368m

Improved, wider pavements around the station. Relocation of the existing crossing and bus stops to serve the station better.

To keep up-to-date with Crossrail in Newham visit www.newham.gov.uk/crossrail



cardboard

food tins &
drink cans

plastic bottles



paper



Only put these items in your recycling bin

Please put all general waste in your rubbish bin.

www.newham.gov.uk/recycling



Play your part for a Cleaner,
Greener Newham

BITE Sixth Form England

Wayside Hill, Rainham, Lee, Rainham,
Dagenham, Rainham & Newbury
E16 2EP with subject
admissions

Beth Form College for Girls:

- Taught by experienced teachers and monitored by independent lesson performance assessors
- Lessons from Monday to Friday (less in term time)
- Practical activities throughout the week to complement classroom learning
- Small class sizes (maximum 16) with individual and group tuition for maximum support and achieve a personal best in every aspect
- Resources (including pens) free



CALL 020 8552 3071

Start date: 28th January 2014

For more information attend our Open Evening at Wayside Hill, Rainham E16 2EP, 8pm to 9pm

Registration open until
email: admissions@bite.ac.uk
020-847 805100, London E16 2EP

BITE OPEN DAY

28th January 2014, 11am to 3pm

Why pay £2000 when you can pay £200?



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- BITE Business Accounting & Finance
- BITE Business Computing
- BITE Business Mathematics & Economics
- BITE Home Economics & Health Education

For more info please contact

Tel: 020 8552 3071

Email: admissions@bite.ac.uk

28th-29th February, London E16 2EP

* Businesses, Schools, Colleges & Training Centres by ATC



British Institute
of Technology & Commerce

**Don't ignore
it, report it!**



Download the free Love Newham app
now at www.newham.gov.uk/lovenewham



Love Newham.
Love Clean Streets.

A blatant approach to latent TB

Tuberculosis (TB) is often thought of as a disease more common in the developing world than it is in the UK. Boroughs with high numbers of migrants from Africa and the Asian subcontinent have seen an increase in cases of TB. The Newham Clinical Commissioning Group (CCG) has developed a pioneering new screening programme, which is treating patients and reducing the spread of the disease.

Dr Duncan Trathen, GP at Church Road Medical Centre in Manor Park, is the clinical lead for a new latent TB programme supported by Healthwatch Newham, a health and social care consumer champion representing the views of service users. It is the only programme of its kind in the country.

Dr Trathen said: "Screening for TB has been going on for some time but these tend to look for active TB. Latent TB is dormant, and doesn't show up on x-rays. While it's harmless in this form, low immunity or a bout of flu could see patients develop active TB."

In Newham, 80 per cent of people

who develop TB do so as a result of reactivating the latent or 'sleeping' TB bacteria. Latent TB doesn't have any symptoms and cannot be spread to others. The TB infection is triggered when a person's immune system is low. It can also be encouraged by poor living conditions such as overcrowding.

When residents from countries where TB is common register with a Newham GP they are automatically invited to take a blood test to check for the latent TB infection. If it's detected they are offered a chest x-ray and a three-month course of treatment.

Ranjith Viswanathan has almost completed his treatment for latent TB,

which was discovered after he took up the offer of a blood test.

Formerly from India, Ranjith lived in Dubai for eight years before coming to the UK. He explained: "I had no idea I had latent TB. The treatment was simple. I got my medication from the chemist and don't need to come and see the doctor."

Soon to be a dad, Ranjith encourages people at risk from TB to take the blood test. Dr Trathen added: "Even if you have been in the UK for some time, if you think you may be at risk from TB speak to your GP about the latent TB screening programme."

To register with a GP visit www.nhs.uk

Ranjith and Dr Trathen



Win tickets



Live the High Life this Christmas with exclusive prizes from Emirates Air Line.

Two lucky Newham residents could win a VIP private cabin ride for up to ten people on London's only cable car, connecting the Royal Docks and Greenwich, and a Thames Clipper Family Roamer day ticket for two adults and up to three children.

Until 4 January, enjoy 'The Snowman and Snowdog' flight experience with a reworked version of the iconic film available for passengers. A life-size snowman statue will be on display at the terminals for passengers to have photos taken with and children will receive a goody bag of Brownie gifts.

For your chance to win, answer this question, where is the Newham Emirates Air Line terminal?

To enter, email your name, address and contact number to [Newham.Meg@newham.gov.uk](mailto>Newham.Meg@newham.gov.uk) or send it to Newham Meg, Newham Dockside, 1000 Dockside Road, London E16 2GU by Tuesday 23 December.

Newham residents get 50 per cent off journeys on the Air Line which is open from 7am-8pm on weekdays, 8am-8pm on Saturday and 8am-8pm on Sunday. Visit www.emiratesairline.co.uk for details.



Anti-bullying ambassador visits Rokeby School

Actor and anti-bullying ambassador Jay Brown, star of Channel 4 series *Youngers*, visited Rokeby School in Canning Town to speak to students and meet the school's own award-winning anti-bullying ambassador Tyrese Gammie.

Oscar award-winning Tyrese, whose cousin committed suicide due to bullying, shared his story. Jay encouraged victims to talk to someone if they were afflicted by bullying or abuse.

Jay also held a workshop for the school's other anti-bullying ambassadors on how to identify victims and how they can help.

For more information visit www.newham.gov.uk/bullying.



OUR
OUR

A taste of Spain



Lotus Events Management

A Spanish fiesta introduced Continental culture to Beckton, thanks to a Newham Council Lotus diet Party Started grant.

More than 200 people enjoyed delicious paella and Spanish omelettes, with hundreds more taking part in activities at the event organised by Beckton resident Vanessa Medina Domene at Beckton Community Centre.

A Spanish language workshop, comic and dance exhibitions, live Spanish music, tapas demonstrations and refreshments were on offer.

A Zumba session with a Latino twist got hearts racing while children enjoyed colouring and painting.

To find out how you could get funding for a community event visit www.newham.gov.uk/grants

Flu jabs for children

The H1N1 childhood vaccination programme is offering a new nasal spray flu vaccine to children aged between two and four-years-old.

The vaccine will help to protect children from getting the flu, as well as stopping the disease from spreading to family, carers and others.

The vaccination is also available to those aged under 17 who are at particular risk of flu, such as those with a long-term health condition.

If you have not already been contacted by your GP or child's school to arrange the vaccination speak to your GP or practice nurse. For more information about the vaccine visit www.ashuk.



Newham tops HPV immunisation

Newham has the highest record in London for delivery of the human papillomavirus (HPV) vaccine.

The vaccine is for girls aged 12 to 13 years and helps protect against cervical cancer. Immunisation rates for 2013/14 were 92 per cent.

The national vaccination programme against HPV began in 2008, delivered through secondary schools, it consists of three injections over a six-month period.

Infection with some high-risk types of HPV can cause abnormal tissue growth as well as other cell changes that can lead to cervical cancer. For more information about the vaccine visit www.nhs.uk.

Blacksmith course



Learn blacksmithing skills and find out how to create objects from wrought iron or steel by forging molts, using tools to hammer, bend and cut.

Classes for beginners and those with mixed ability start next month. The ten-week courses start on Monday 12 January 2016, with the beginners' class from 1-4pm, and the mixed ability class between 6-8pm.

The whole course costs £90. Pensioners who are aged over 65 or receive certain benefits pay nothing or a reduced fee. See website for more details.

Enrolment is now open. Call 020 8557 4620 or visit www.newhamadultlearning.co.uk for more information on adult courses.

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry.

GALLERY



Aishwarya Khan, 9



Myan Jezann Basra, 7



Fawzia



Fawzia Choudhury, 11

Win free membership at Stratford Picturehouse

The issue's winner receives free annual family membership of Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QJ**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. Good luck! Visit www.picturehouses.co.uk to see what's on



Stratford
Picturehouse

Jokes

What do you call an elf who sings?
A wrapper!

What do you call people who are afraid of Santa Claus?
Clausophobic.

Why was Santa's little helper depressed?
Because he had low elf esteem.

Who delivers presents to cats?
Santa Paw!

Who is Santa's favourite singer?
Elf-is Presley!

What do Santa's little helpers learn at school?
The elfabet!

Why did the turkey cross the road?
Because he wasn't chicken!

James Connor, 8

Colour-me-in Wordfit

REDACTED

R	E	D		

Words

- DECO
- ELF
- ELFIE
- GAME
- GLEE
- ICE
- PLOT
- PEEL
- SLED

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...



Stratford Christmas Movie Matinees

- Mon 22 Dec, 3pm, Stratford Library, 3 The Cross, E15. Enjoy Disney's Frozen adventure. For adults and children. Call 020 8373 0826.



Three Days of Festive Cheer - Mon 22 Dec, Wed 24 Dec, Green St Library, E13. Sing along to festive songs and carols. Call 020 8373 0857.



Festive Sport Activities - Sat 27 Dec, 11am-1pm, Ringers Field, Neper Rd, E8. Table tennis, walking football and board games with free refreshments. Visit www.bonnydowns.org/sports

MENTION THE MAG...

Get fit in January with a free seven-day membership at University of East London (UEL) SportsDock in Beckton when you show this copy of the *Newham Mag*.

As well as a world-class fitness centre and strength and conditioning room there are numerous exercise classes on offer.

SportsDock is at University Way, E16 2HD, and open from 7.30am-10.15pm on weekdays, and 8am-8pm on weekends. Free parking is available.

This offer is valid until Saturday 31 January 2015. Terms and conditions apply and are online at www.sportsdock.co.uk. For more information email enquiries@sportsdock.co.uk or call 020 8223 6688.



TRY SOMETHING NEW... GET ACTIVE

Get fit with East Ham Active's free sports activities.

East Ham Active, a joint project between Bonny Downs Community Association and the Renewal Programme, is funded by Sport England. It supports residents to become more active by taking part in sports designed to encourage beginners.

Activities include martial arts, table tennis, cycling and walking football.

Sessions take place at Hartley Centre, Ringers Field, St Bart's Church and The Well Centre. Visit www.bonnydowns.org/sports for more information call 020 8586 7070 or email mark.lythe@bonnydowns.org



Indicates free sessions

UNDER-FIVES

Music and Rhyme

Tues, 10.30-11.15am; Custom House

Rhyme Time

Thurs 1.30-2.15pm Custom House

Storytelling

Mon 10am-12noon Tues 10-11am, Beckton Globe, Mon 10.30-11.15am; Custom House Tues 10.30-11.30am; Canning Town, Tues 11am-12noon, The Gate Tues 10.30-11.30am, Thurs 4.45-5.45pm; East Ham, Sat, 11am-12noon Green St, Fri, 11am-12noon, Manor Park, Thurs 2-3pm North Woolwich, Thurs, 2pm, Plaistow, Thurs and Fri 11am-12noon, Shadwell

Stay and Play

Support for parents and carers

To develop their child through play. Term time: Weeks and Sat, 7.30am-10pm, Beckton, Thurs, Jack Cornwell C.C.

Music and Movement

Sessions for parents/carers and children. Mon 10.11am Greenhills

Sing, Dance and Play

Ab 18 Jan 10.30-11.30am The Gate

YOUNG PEOPLE

Board Games Club (7-12yrs)

Play chess, checkers, ludo, poker, domino and more. Term time Thurs 4.45pm Green Street and Custom House, Thurs 4.30-6pm, North Woolwich, Tues and Fri 4.45pm Shadwell (term time)

Homework Club (7-14yrs)

No study support. Term time Fri 4.45pm, Beckton and Canning Town, Fri 3.30-6.30pm Thurs

4pm: Pitstop: Fri, 4-5.30pm, East Ham; Sat, 2-7.30pm Green St; Weds, 3.30-5.15pm, Manor Park; Mon, 5.30-6.45pm, North Woolwich; Mon, 4pm, Stratford; Sat, 10am-12noon, The Gate

Gemes Club (7-11yrs) Sony PS3, Xbox360, Nintendo Wii, board games and more Tues, 3.30-5.15pm, Custom House; Thurs, 4pm Canning Town; Weds, 3.30pm, 5.30-7.30pm Pitstop

Young Police Cadets (10-12yrs) Tues, 4-5.15-5.45pm, Upton C C

Frood Young Project (7-16yrs)

Activities for young people, Mon, 3.30-5.30pm; Jack Carroll C C

Children's Movie Club

Booking essential: Thurs, 4pm, 7-12yrs, The Gate; Tues, 3.30-5.30pm, 0-5yrs, under 5s must be accompanied by an adult; Green St

Arts and Craft Workshop (5yrs+)

Fri, 3.30-5pm, Green St; Sat, 2-3pm, Custom House and Canning Town; Tues, 4pm Pitstop

Puzzles, Quizzes & Colour Mon, 3.30-5pm, Green St

Young Readers Club (7-12yrs)

Read and discuss your favourite books: Tues, 4.5-5.15pm, North Woolwich; Sat, 10.30am-12noon, Manor Park

Decorate Your Library

Create a magical winter wonderland! Every Sat, 3.30-5pm, Green St

ACTIVITIES AND SUPPORT

Time-2-Craft (7-14yrs) Sat, 10am-12noon, Stratford

Adult Reading Group

Discuss your favourite books and discover new writers. Sat, 20 Dec, 10-11am, Perfect

People by Peter James: Custom House, Sat, 10-11.30am Book group meet to talk about this month's book Green St, Mon, 12 Jan, 5.30-7.30pm, Stratford; Thurs, 15 Jan, 6.30-7.30pm, East Ham; Thurs, 8 Jan, 4-5.15-5.45pm, The Age of Innocence by Edith Wharton, Pitstop

Family Reading Group (3-14yrs)

Sat, 3 Jan, East Ham

Chess Club

Mon, 5.30-7.30pm, East Ham; Weds, 3.30-5pm, Green St; Thurs, 5.30-7.30pm, Stratford

Coffee Mornings

Tues, 10-11.30am, Beckton; Thurs, 10-11.30am, Canning Town; Tues, 11am-12.30pm, Custom House; Tues, 12 Jan, 10.30am-12noon, Manor Park; Wed, 17 Dec, 10.30am-12noon, Green St; Wed, 14 Jan, 10.30am-12noon, Stratford; Thurs, 10-11.30am, North Woolwich

Do It Online (16+yrs)

Free six or eight-week basic computer training. Advance booking required, contact library directly: Tues, 10am-12noon, The Gate; Tues, 10am-12noon, East Ham; Tues, 12pm-12noon and 2-4pm, Pitstop; Mon, 10am-12noon, Manor Park; Weds, 2-4pm, Stratford; Thurs, 10am-12noon, Green St; Thurs, 10am-12noon, Katherine Rd C C

Kett & Hettie (16+yrs)

Weds, 10am-12noon, Beckton; Fri, 10.30-11.30am, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Weds, 10.30am-12.30pm, Green St

ICT Surgery

IT advice for all ages: Mon, 10am-12noon and 2-3pm, Pitstop; Weds, 10.30am-12noon, Stratford; Fri, 2-4pm, Canning Town; **Stratford London Toastmasters** Public speaking and leadership

club, 1st and 3rd Monday of month, 6pm, Stratford
Fee applies. Call 020 3373 0826

Weekly Get Together

Try new things: Weds, 10.30am-12.30pm, Green St; Call 020 3373 0857

Love Heathrow app drop-in

Learn how to report issues via the app: Mon, 10-10.30-11.30am, The Gate

Sexual Health Advice

Mon, 12 Jan, 11am-2pm, The Gate

British Sign Language Social Club

Thurs, 15 Jan, 3.30-7.30pm, The Gate

Greensurgery

Guidance on Let's Do the Party Standard and Go for it grants: Thurs, 8 Jan, 4-6pm, Manor Park

Inspire Futures Drop In

Advice on ESOL and citizenship: Thurs, 2-4pm, Green St

Community Links

Drop In
Debt, housing and benefit advice: Call 020 8540 8025 to make an appointment: Thurs, 3 Jan, 3.30-5.30pm, Katherine Road C C; Mon, 5 Jan, 12noon-2pm, Green St

ESOL

Improve your English language: Mon and Weds, 12.30pm; Call 020 8522 5772 to enrol: Katherine Road C C, Tues, 9.30am-12noon, Fri, 9.30am-12.30pm, Jack Carroll C C; ESOL, citizenship and life in the UK preparation class: Tues, 2.30pm, Manor Park

ICT Drop-In Session

Set up a My Neighbourhood profile and create an email account: Fri, 10am-12noon, The Gate; Fri, 10am-12noon, Green St

Bingo Night (16+yrs)

Thurs, 5.7pm, Green St

Alcohol Awareness

Advice and guidance



Thurs, 15 Jan, 3-5pm, The Gate

Aerobic Exercise

Workout and body stretching: Mon, 9.30-10.30am, Jack Carroll C C; £1.50

Regeneration Drop-in

Find out more about the regeneration of Canning Town and Custom House: Thurs, 8 Jan, 10-11.30am, Canning Town; Tues, 6 Jan, 11am-12.30pm, Custom House

Queens Market

Festivities
Meet Father Christmas at his grotto: Sat, 20 Dec, 12noon-2pm, Queens Market

Exhibitions

Solo exhibition by Clodagh Keating; until 15 Jan, The Hub Solo exhibition by Ian Fairhurst until 15 Jan, Grassmarket; Solo exhibition by Georgy Labunov, until 31 Jan, Hackney; Open exhibition by local disabled artists; until 31 Jan, Old Town Hall, Stratford

Green Street Health Event

Fun activities and tips on how you can improve your health and wellbeing: Thurs, 15 Jan, 4-7pm, St Stephen's Primary School, Whetstone Rd, E8

East Ham Youth Zone

Sony PS4, DJ decks and other activities: Tues, 4-7pm, East Ham

A Streetford

Neighbourhood Christmas
A celebration of winter and all things festive including face painting: Sat, 20 Dec, 2-4pm, Stratford

COMMUNITY ACTIVITIES

Bumps and Babies

Up to Tyre

A free home based meet up every Wed. 1-3pm for expectant parents and those with babies. Email: neashamnct@btconnect.com

Meet and Greet


Mums, Bumps and Babies Fri in various cafes around Newham
Visit www.nelmu.org.uk or email jpslowe@viva.com

Royal Docks Learning & Activity Centre


Man, Aerobics; 10am-12noon, E2

Tues, Healthy Cooking, 12noon-1.30pm, E2

Parent and Toddler Group

10am-12noon, E1

Bingo 10am-12noon, E1

Wind, Keep Fit, 10-11.30am, E2

Employment 7-7.30 support by appointment

Job Club, 10am-2pm

Thurs, Tai Chi E2 first session free, 10.30am-12noon

Line Dancing, E1, 1st session free, 3-5pm

Royal Docks Learning & Activity Centre, Albert Rd, E16
Call 020 7476 9322 Visit www.rdlac.org.uk

Junior Volunteer Police

Cadets (10-12 yrs, term time)

Wed 3.30-5pm, Little Lord

School, Bowring Rd, E2, E7

Thurs 4.15-5.45pm, Upper C C, Claude Rd, E13, E1, Call 020 8801 378

Senior Volunteer Police

Cadets (13-17 yrs)


Wed, 6.30-8pm, Little Lord

School, Bowring Rd, E12, E2, 50 Thurs, 6.30-8pm, Easton

Community School, Eving Rd, E15 E2, 50, Call 07900 881 378

BOXING AND SELF DEFENCE

Boxing (Newham College)

Mon 5-8pm, East Ham


College High St South, E5

Fight For Peace Boxing
Mon to Fri, 4-6pm 10-14yrs
Mon to Fri, 5-8pm, 14-16yrs
Woodman St, North Woolwich,
E5 Call 020 7474 0054

Punch Bag (16yrs+)

Fri 4-5pm, Katherine Rd, E2
254 Katherine Rd, E7

Intense Fitness (14+)

Workouts, boxing and wrestling
Fri, 8.30-10pm, E5, The Harley
Centre, E5, Call 07975 253 562

Showtime Karate

Wed 6pm (imj), 4.30-5.30pm
Fri 6.30pm and 7-8.30pm, Sun
10-11am, Under 15yrs 24
Ways, E5, centre E5
Abraham Leisure Centre, E3
Call 07508 288 638

Docklands Shejūlin Karate

Mon and Wed, juniors and
beginners 7.30pm at other grades
8.30pm, first session free, under
15yrs E4, 16+, E5, centre E5, UEL
SportsDock, call 07706 685 889

Competition Training, Juniors
(8-14yrs) Tues and Thurs 6.30
8pm, seniors (15+ yrs), Tues and
Thurs, 8.30pm
Beginners, Juniors (8-14yrs)
Wed, 6.30-7.45pm, seniors
(15+ yrs) Wed, 7.45-8.15pm
From £2.15 per class

Capriola Docklands Centre

98 Cobain Rd, E15

Call 07925 601 260
www.shejulin.com

West Ham Boys ABC

Mon, Wed, Fri, mixed (8-16yrs),
6-8pm, Sat, boys (8-16yrs),
10-11am, girls (7-16yrs), 11am

12noon, E2, 2 London Rd, E13,
Call 020 8472 3614

HEALTH AND FITNESS

Ablefit

All ages, individually, Mon, 11
12noon (women only), Weds,
11-12noon (mixed), Jack
Cornwall C C

Bootcamp and Circuits with Al

Mon, 5.30-7.30pm, Chancery

East Community Hub, E16, E4

Call 07555 944 252

Janice's Fitness

Mon, 7.15-7.45pm, older ads,
E3, The Harley Centre, E5
Call 07818 000 643

Twisted Pink Street Dance

Tues 7.30pm, Thurs 8.30pm, St Luke's
Church, Tenter Rd, E15
12yrs-16yrs, Tues 7.30pm, Maryland
Studio, 04 Leytonstone Rd, E7
E3, Call 07961 544 017 Visit
[www.twistedpink.org.uk](http://twistedpink.org.uk)

Zumba Fitness

Mon and Weds, 7-8pm, E5 and
E4 for 2nd class, Violette Lane
Community Centre, Gower St,
E15, Call 07500 888 655

Zumba with Jessica

Mon 6.30pm, E2, 50
Asia Community Hub, 14a
Camer Rd, E7, Sat 9.30am,
various E4, Community Resource
Centre, 200 Chigwell Rd, E13
Call 07884 851 484

Zumba

All ages, Registration essential
Bring water and a towel!
Wed, 7-8pm, E5, Beckton
C C Rd, E9, 10.30am, E3,
Jack Cornwall C C

50+ ACTIVITIES

Age UK East London Nordic Walks (18+)

Tues 8.30-10.45am, meet at
Age UK East London Newham
Branch, 685 Barking Rd, E13
Sun, 10-11am, meet at entrance
of the Copper Box, Queen
Elizabeth Olympic Park, E20
For more info call 07928 936 242

Health Walks

Mon, 2pm, starts by the War
Memorial, Central Park, E8
Call 07518 750 120
Tues, 10am, starts outside Pret
a Manger at Stratford Station
Call 0544 414 2720

Tues, 10.30am, starts at the corner
of Wanstead Flats at the junction
of Copse Road and Woodford Rd
Call 0844 414 2728
Wed, 10.30am, starts outside
Hamlets Centre, McGrath Rd,

ETG, Call 07870 291 320

Thurs, 1.30pm, starts at the corner
of Wanstead Flats at the junction of
Copse Road and Woodford Rd, Call
07908 744 223

Thurs, 2pm, starts by the War
Memorial, Central Park, E8
Call 07518 750 120
Fri 10.30am, starts outside St
Miles Community Centre, Folgate
Rd, E5, Call 07908 744 555

Newham Striders

Daily walking group
Call 0844 414 2728

Nordic Walking

Wed 9.30am, Meet at Lord
Lister Health Centre, E7 Not
suitable for wheelchairs
Call 07700 680 428

Fri 6.30-8pm, Meet at
Newham Leisure Centre, E13
Sun, 10-11.30am, Meet at East
Ham Leisure Centre, E8

Young at Heart

Bingo Club, Mon, 12noon
4pm, E7, Jayes C C

Ballroom Dancing

Mon, 10am-12noon, St Paul's
Church Centre, Bungay, Bungay Rd, E6
£2.50 per session
Call 07761 209 463

The Dance

Wed 17 Dec, 7-9pm, St Mark's
CC, E8, Dancing, chat and
refreshments, £1.50

Active Centre Bingo (50yrs+)

Thurs, 7.30pm, Jack Cornwall C C

Over 50s eLab

Thurs, 10-12noon, clickden

GREEN

Green Gym

Wed, 10am-4pm, meet at Vistor
Centre East Ham Nature
Reserve, Norman Rd, E6, Call
07945 873 186

Green Volunteering

Tues and Thurs, 10am-3pm,
Swallowdown Wy, E16 (opp
Helleys Rd)

Garden Club

Tues 1-3pm, Thurs, 4-7pm,
Sat, 10am-4pm, Abbey Girls,
Bakers Row, E15

Gardening Thymes **Gardening Club**

Fri, 11am-1pm, Bowring Green,
Central Park, High St South, E5

Grow Together Be Together**Community Gardening Club**

Wed, 10am-1pm, Sat, 10am-3pm
Renders Field, Melbourne Rd,
Walthamstow, E8. Call 020 8526 7070

DOORSTEP CLUBS

Call 0844 414 2726 unless
otherwise stated

Athletics Club (14+)

A multi-sport session focusing on
athletics, football and the gym.
Tues, 6-7pm, Newham Leisure
Centre, E13. Call 07717 261 706

Gym & Basketball (14+ yrs)

Tues, 6-10pm, E2, Rokaby
School, Barking Rd, E18

Stand & Tumble (14+ yrs)

Thurs, 7.30-8pm, E5
Talent Cheer & Dance, Gallions
Reach, Arnside Way, E8
Call 07986 612 610

FEMALE SPORTS **Basketball Sessions**

Tues, 4-6pm, Chobham
Academy, 40 Cheam Ln, E20

Dans2Dance (12-16yrs)

Street dance, Fr, 3.30-5.30pm
Newham Leisure Centre, E13

Female Bootfit (14+ yrs)

Mon, 4.15-5.15pm, Balsam Leisure
Centre, E13. Call 07900 174 000

Girls Football (11-15 yrs)

Tues, 4.5-5.30pm and Thurs
5.6pm, Newham Leisure Centre
Fr, 5.7pm, Memorial Park, E15

Girls Group Cycling (11-15 yrs)

Tues and Thurs, 5.5-6.30pm,
Newham Leisure Centre, E13

Just Play (14+ yrs)

Weds 5.30-6pm, multi-sports
from time, Cumberlege School
E13. Call 0844 414 2726

Abs Blast (11-15yrs)

Thurs, 5.30-6pm, E3, 10,
Newham Leisure Centre, E13

AthleFit (14-18yrs)

Athlete Assess, Wed, 5.30
6.30pm, E1, Render's
Community Centre, Napier Rd,
E5. Call 07717 294 756

Female Only Gym Sessions

Mon, 3-4pm, 15-25yrs;
Mon and Weds, 7.30-10.30pm
Tues and Thurs, 18.30-19.30pm
Sun, 3-6pm, 11-15yrs, E4, E5,
Newham Leisure Centre, E13

Get Back Into Netball

Tues, 6.7.30pm, Juniors;
7.30-8pm, seniors, E2, Uster
Community School, E13. Call
07717 281 529

Juli's Mums On The Run

Wed, 10.11.30am, E5, or bring
a friend and both pay £4 each
Abby Lane Park, E15
Call 07961 374 772

KeepFit

Wed, 10am, E1, Chondra East
Centre, E15. Call 07900 944 036

Keep Fit - Stay Fit

Sat, 10.7.1am, E3, 50, Jack
Cornwell G.C., E12. Call 07795
084 116

Ladies Only Keep Fit

Wed, 10am, E1, Chondra East
Centre, Chondra Rd, E15
Thurs, 10am, E1, 50, Rokaby
Centre, Rokaby St, E15

Sheila's Yummy**Mummy Buggy (16+ yrs)**

Mon, 10.11.30am, E5, Central
Park, High St, South, E5 meet
outside cafe in the park, Fr, 10-
11.30am, Pleshey Park, Pleshey,
E8. Call 07900 614 958

Women's Badminton

Fri, 1.2.3pm, East Ham
Leisure Centre, E6, E2
equipment provided
Call 07930 162 505

Women United Football (11+ yrs)

Mon (Term time), 6.7.1pm,
E2, Kingsford School, E8. Call
07752 932 979

Zumba and Tone

Tues, 1.15-2.15pm, E2
St Bartholomew's
Church Hall, Barking Rd, E6
Call 07944 775 679

**SPORTS AND PHYSICAL
ACTIVITIES FOR
DISABLED PEOPLE** **Ability Club (14-25yrs)**

Multi sports for disabled young
people, Wed, 5.30-6.30pm and
Fr, 4.45-6pm, Newham, E13

Athletics (8-18yrs)

Tues, 4.15-6.15pm, Brixton
Manor, Roman Rd, E5
Thurs, 4.30-5.55pm,
St Angela's Ursuline School,
E7. Email crucis@angela-athletics.org

Family Swims

Sat, 4.30-5.30pm, Newham
Otters Swimming Club,
Newham Leisure Centre, E13
Call 07991 785 739
Sun, 12.30-2pm, Family swim
Bolton Leisure Centre, E5
Call 020 7478 5274

Get Fit for Free

Tues, 1.30-3.30pm and
Fr, 10am-12noon
Free gym use for people
with learning disabilities
Newham Leisure Centre, E13
To book an induction call
020 7511 4477

Sensory Play (5yrs)

Fri, term time
10.11.30am, Oliver Thomas
Children's Centre,
Mahaneh Avi, E8
Email kathy@holdsworth-blair.com
or call 020 8027 0297

Swim for Families

Dealing with Autism
Wed, 4.30pm, Balsam Leisure
Centre, E13. Call 020 7478 5274

Trampolining

Sessions (11yrs)

Tues, 4.30-5.30pm, 11yrs,
Newham Leisure Centre, E13
Call 020 7511 4477

Support In Action (16+ yrs)

Indoor and outdoor activities
advise and support, Thurs, 7.2
3pm, Upton C.C.

RUNNING **Beckton Park Run**

Sat, 8am, Beckton Park South
E16. Call 07718 394 756
www.parkrun.org/beckton

East End Road Runners

Tues and Thurs, 7pm
Sun, 8am, Meet on the track.
Coached sessions for
all abilities, Newham Leisure
Centre, E13. Call 07979 261 847

Run England

Fr unless stated.
Sun, 10am-12noon, Newham
Leisure Centre, E13 (meet on track)
Mon, 4.45-5.30pm, Newham Leisure
Centre, E13 (meet on track)
Mon, 5.45-6.45pm, Newham
Docklands, E16 (meet at reception)
Wed, 12noon-1pm, Newham
Docklands, E16 (meet at reception)
Thurs, 5.15-6.15pm, E6
Docklands Campus, E16
(meet at reception).
Sat, 10.11.30am, Wansbeck
Road, E12 (meet at Harrow Rd
Changing Pavilion).
Sat, 10-11.30am, Monkswood
Park, E15. E4 (meet at car
park). Call 07718 394 674

SPORTS **Athletics**

Newham and Essex Beagles
Athletics Club, Mon and Wed,
6.30pm, Foundation Groups
(8-10 yrs), Mon, 7.30pm and
Wed, 6-7pm, E5, Lawrence
McMillan Stadium, Northern
Leisure Centre, E13. For
further details visit www.newhamandessexbeagles.co.uk
BMX (8-16yrs)
Sun, 10am-12noon, E3, Crowley
Playing Fields, St Albans Ave
E8. Call 07981 533 615

Fencing with**Newham Swords**

Tues, 6.30pm, Thurs, 6.30pm
Fr, 7-8pm, Classes for
adults (18+) and mini-pirates
(4-7yrs). E2, Sparta Dock
Call 07926 616 894





Indoor Cricket (5-16yrs)

Wed. 5pm E2.

Lutter Community School

E13 email paul.lanning

@eaktivnewham.org.uk

Black Arrows

Badminton Club

Adults Fr. 7.30pm, Juniors

Sat. 10.30am E3 E7, East Ham LC Adults Weds

7.10pm, UEL SportsDock

Call 07842 031713.

Woodside Badminton Club

Fri. 7.30 8.30pm, Intermediate and club standard E5

woodside13 unaged

Carpenters and Dockland

Centre 28 Cobain Rd, E15

Call 07808 750249

FOOTBALL

All Football (16yrs)

Tues. 1.30pm, Fr. 7pm

12noon Memorial Park

Memorial Ave, E15

Fri. 8pm Beckton

Powersleague, E5

Visit www.ambotfc.co.uk

Football and Athletics

Thurs. 4.45 6.30pm, Brimstone

Village 25 Evelyn Rd, E15

Football & Multi Sports

Mon. 4.5-5.30pm, Newham

Leisure Centre, E13

Wed. 5pm Stratford

MUGA, West Ham Ln, E13

Mayors Football League

U10ys, U12ys, Mon. 4.30-

8pm, U14ys, U15ys, 5.30pm

Newham Leisure Centre, E13

Premier League (16yrs)

6.30 mid of subd Wkts 7.10pm

Newham Leisure Centre, E13

WHU Kicks

Mon. Tues, Fr. 4-7pm,

WHU CST Badminton 80, E04
Albatross QL E8
Thurs. 6.30 7.30pm, Little
World Learning Zone
1 Rectory Rd, E12
Thurs. 8.30-7.30pm,
Shatford Park MUGA, West
Ham Ln, E15
Sat 10.30am 12noon,
Newham Leisure Centre, E13

Ascension Football

Sat. 10.11.20am E3

Reception to 11yrs, King

George V Park

King George Ave., E16

Call 07802 584925

BASKETBALL

Basketball & Multi Sports

Fr. 5.5 30pm, 8-18yrs,

Showhill MUGA, Showhill

Rd, E12

Basketball Sessions

Thurs. 5.30-6.30pm, Little

World Learning Zone, 1

Rectory Rd, E12

National League

Mon. 6.30pm, U12/U14ys,

Tues. 6.30pm, U15/U16ys,

Rokeby School, E7

Thurs. 4.30 6pm, U13/U14ys

boys, U14ys girls, 8.30pm,

U16ys, Newham Leisure

Centre, E13, 8.30pm, U18yrs,

Cumberland School, E13

NCPE Sports - Basketball

Thurs. 5.7pm, East Ham

Lecture Centre, To register

email sport@newham.gov.uk

or call 020 8527 4255

Senior Programme

Mon. 7.30-8.30pm

Division 2 women and division

3/4 men, Rokeby School, E18

Call 07947 401616

Newham All Star Sports Academy (NASSA)

Sessions ET unless indicated

Juniors, Fr. 4.6pm

Cumberland School, E13

National league U7yrs, U14yrs

U16yrs, Tues, 6.30pm, Rokeby

School, E18

National league U16yrs, Tues

8.10pm, Rokeby School, E18

National league U7yrs,

U14yrs, U16yrs, Thurs,

8.4pm, SportsDock

National league U16yrs, Tues

9.10pm, UEL SportsDock

Junior boys and girls, Sat,

10.20am, 12.20pm, UEL

SportsDock, E2.

Call 07703 503925

www.asssports.org.uk

Youngbloods Basketball

All sessions cost £1

U12yrs, mixed, Sat. 1pm,

East Ham Leisure Centre, E8

U13/U14ys boys, Mon, 6.45pm

and Wed, 4.30-6pm, St

Angels's School, E7.

U13/U14ys girls, Mon, 4.30-

6pm and Wed, 4.30-6pm, St

Angels's School, E7

U15/U16ys boys, Tues, 6.30pm,

St Angels's School, E7 Thurs,

8pm, St Bonaventure School, E7.

U17/U18ys boys, Mon and

Wed, 8.10pm, St Angels's

School, E7. Call 07926 337657

COMMITTEE MEETINGS

All meetings take place at

Newham Town Hall, Barking Rd,

E8, unless otherwise stated

Mar 22 Dec, 7pm, Local

Development Committee

Wed 14 Jan, 7pm, Children's

and Young People Scrutiny

Commission

7pm, Residents Housing

Scrutiny Group

Thurs 15 Jan, 6.30pm,

Standards Advisory

Committee

Fri 16 Jan, 5pm, Cabinet and

Mayoral Proceedings

CONTACT THE MAYOR

Thurs 8 Jan, 10am, Canning

Town (doors open 9.30am)

Telephone surgery

Wed. 14 Jan, Call 020 8438

2009 from 8.30 10.30am and

leave your details. The Mayor

will phone you back at a

later time

CONTACT DETAILS

LIBRARIES

Becken Globe

1 Kingsford Way E8

Canning Town Banking Rd, E16

Customs House

Prince Regent Ln, E18

East Ham 384 Banking Rd, E8

Green Street

Green St, E13

The Gate

6-8 Woodgrange Rd, E7

Manor Park

65-691 Romford Rd, E12

North Woolwich

5 Pier Parade, E16

Pleistow

North Rd, E13

Stratford

3 The Cross, E15

Archives and Local Studies

Call 020 8303 6881

www.eaktivnewham.gov.uk

LEISURE & SPORTS VENUES

Becken Leisure Centre

14 Becken Rd, E13

East Ham Leisure Centre

384 Banking Rd, E8

Newham Leisure Centre

81 Prince Regent Ln, E13

Newham Prince Regent Ln, E18

UEL SportsDock Docklands

Campus, University Way, E16

COMMUNITY CENTRES (C.C.)

Becken Community Centre

14 Manor Way E8, 020 8511 1214

Field Community Centre

14 Station Rd, E7

020 8536 2800

Grassroots Centre

Memorial Park, Memorial Ave, E15

020 8573 0555

The Herdley Centre

917 Barking Rd, E8

The Hub 123 Step Ln, E16

020 8370 0750

Jack Carroll Community

Centre, Jack Carroll St, E12

020 8559 3458

Joyce Community Centre

1 James Cl, E13, 020 8540 0826

Katherine Road Community

Centre, 254 Katherine Rd, E7

020 8548 8855

St Mark's Community Centre

918 Tolgate Rd, E8

020 8511 1214

Upton Community Centre

Clarendon Rd, E13, 020 8477 0049

Wickage Ln Community Centre

Gover Cl, E15, 020 8519 0235

London Borough of Newham

Planning Applications submitted by London City Airport

Public Consultation – Notice of further environmental information received from the applicant namely a Supplementary Generic Effects Assessment in relation to the Business Charter Scheme and CADDP and a letter dated 8th December 2014 setting out the applicant's suggested planning obligations pursuant to s196 of the Town and Country Planning Act 1990.

The following planning applications submitted to the London Borough of Newham are submitted under Article 13 of the Town and Country Planning (Development Management Procedure) (England) Order 2010 (as amended) and in accordance with all other relevant statutory requirements relating pursuant to the Town and Country Planning Act 1990 (as amended) and the Planning (Listed Building and Conservation Areas) Act 1990 (as amended) and Regulation 22 of the Town and Country Planning (Environmental Impact Assessment) Regulations 2011.

London City Airport submitted two Inter related planning applications to the London Borough of Newham on 26 July 2013, to deliver the City Airport Development Programme (CADDP), these applications are referred to as CADDP1 planning application 13/07229/FUL and CADDP2 planning application 13/07230/FUL.

This notice is to advise that the applicant has submitted further information as set out in the text above.

Application Site: London City Airport,
Hartmann Road, Silvertown, London, E16 2PX

Planning Application CADDP1: Works to demolish existing buildings and structures and provide additional infrastructure and passenger facilities at London City Airport. Detailed planning permission is being sought for:

- (a) Demolition of existing buildings and structures;
- (b) Upgraded aircraft stands and 7 new aircraft parking stands;
- (c) Extension and modification of the existing airfield, including the creation of an increased taxi-link;
- (d) Emergency vehicle access point over King George V Dock;
- (e) Replacement landside Fencing to include vehicle circulation, pick up and drop off areas and hard and soft landscaping.

(f) Eastern Extension to the existing Terminal Building (excluding alterations works to the existing Terminal);

- (g) Construction of a three storey passenger pier to the east of the existing Terminal;
- (h) Extension of Noise Barrier;
- (i) Western Extension and alterations to the existing Tunnel;
- (j) Western Energy Centre storage facility recommendation and landscaping;
- (k) Facilitates Works including temporary coaching facility and extension to the outbound baggage area;
- (l) Upgrading works to Hartmann Road;
- (m) Passenger and staff parking, car park, parking bay transfer park and ancillary and related work;
- (n) Eastern Cruise;
- (o) Dock Source Heat Exchange System within King George V Dock; and
- (p) Airfield and related work.

The application does not proceed with the provision of the Development Plan and affects the setting of Listed Buildings. (q) Central Office at Custom House, Royal Albert Dock – Grade II;

- (r) Central Offices at Custom House, Royal Albert Dock – Grade II; and,
- (s) St Marks Church, North Woolwich Road – Grade II.

ORIGIN: Guest Submissions Ref: 13/07229/FUL.

Planning Application CADDP2: Outline application for erection of a hotel with up to 260 bedrooms, ancillary tourist At At floor space at ground floor, meeting/conference facilities together with associated amenity space, landscaping, plant and ancillary works.

The application affects the setting of Listed Buildings. (t) Central Office at Custom House, Royal Albert Dock – Grade II;

- (u) Central Offices at Custom House, Royal Albert Dock – Grade II; and,
- (v) St Marks Church, North Woolwich Road – Grade II.

ORIGIN: Guest Submissions Ref: 13/07230/FUL

Both these applications including the latter extension are currently being considered by the London Borough of Newham as the Local Planning Authority before making a decision on these applications. The Local Planning Authority would like to know your views on this additional information. If you wish to make any comments on this additional information they should be submitted in writing no later than 23rd January 2015. Please note that if you do not submit comments by this date, your views may not be able to be taken into account.

The applications can be viewed online at www.newham.gov.uk/planning

where you will be able to view the plans and other documents relating to these applications, as well as send us your views.

In addition, you may inspect copies of the additional information and the other application documents at the following locations (the opening hours listed below are indicative of the time of writing):

- North Woolwich Library, 5 Pier Parade, North Woolwich, E16 2LJ (Junction Borough of Newham). Opening hours: Monday-Tuesday 08:30-17:30, Thursday 09:00-20:00, Saturday 09:00-17:30, Sunday 10:00-16:00.
- Isle of Dogs Library, 1 Venerable Path, East India Dock Road, E14 0BT (London Borough of Tower Hamlets). Opening hours: Monday-Thursday 08:30-21:30, Friday 08:30-18:30, Saturday 09:00-17:30, Sunday 10:00-16:00.
- Woolwich Library, 1 The Woolwich Centre, 95 Wellington Street, Woolwich, SE18 0HZ (Royal Borough of Greenwich). Opening hours: Monday-Thursday 09:00-19:00, Tuesday-Wednesday 09:00-18:00, Saturday 09:00-17:00.
- Newham Library, 1080 Dockside Road, E18 2UU (London Borough of Newham). By prior appointment only - Contact sunil.srivastava@newham.gov.uk or call 020 8370 1423.

You may obtain a hard copy of the additional information free of charge from: MPD Planning and Development, 14 Castle Hill, London, EC9V 3HQ or by calling HPS on 020 7290 3200.

Any person wishing to make representations relating to the applications should do so online at www.newham.gov.uk/planning or in writing to the officer identified above at: Newham, Dockside, 1080 Dockside Road, E18 2UU.

Please note that representations already received regarding these applications will be taken into account by the London Borough of Newham in part of the assessment of the applications.

A&E is for emergencies only

An emergency is a condition that can cause loss of life or limb.

For all other healthcare needs visit www.nhs.uk, call NHS 111 for urgent medical advice or think:

Self care

- Stock up on medicines
- Stay at home
- Get plenty of rest

Pharmacy

- Experienced pharmacists
- No appointment needed
- Expert advice on medications

GP

- Experienced doctors
- Appointment system
- Early morning, evening and Saturday appointments

NHS Symptom Checker

- Online access
- Check your symptoms
- Advice on what to do next

অন্যান্য স্বাস্থ্যসেবা পরিকার জন্মে
সেগুন www.nhs.uk,
জনসেবা সেবিকেল প্রক্রিয়ার জন্মে
এম,এফ,এস ১১১ নম্বর
কল করুন অথবা আপনি

আপনি দেখা
 টেক্টেক সহজে করুন
 বাসায় থাকুন
 ব্যক্তিগত জিম্মা করুন

কার্যালয়ী
 অভিযোগ সমর্পণ করুন
 দলসে এপ্লিকেশনের
অ্যাপ্লিকেশন দেখুন
 ইন্ট্রনেটের উপর ডিপ্লেকেশন
পরামর্শ

কার্যালয়ী
 অভিযোগ কার্ড
 এপ্লিকেশনের ব্যবহাৰ
 অভিযোগ করুন,
সচ্চা ও শনিবারের
কাল্পনিকেন্দ্ৰে

এম,এফ,এস উপর উপর
পরিকার
 অ্যাপ্লিকেশন সুযোগ
 অ্যাপ্লিকেশন উপর সহজে করুন
 এপ্লিকেশন কি করতে হবে তাৰ
পৰামৰ্শ দিন

W razie posiadania innych potrzeb
zdrowotnych proszę odwiedzić
stronę www.nhs.uk, w celu
szukania pełnej porady medycznej
zadzwonić pod numer NHS 111 lub
skorzystać z:

Samoopieki

- Uzupełnij lek w domowej
 aptece
- Pozostaj w domu
- Dulta odpoczywaj

Apteki

- Doświadczani farmaceuci
- Brak wyznaczonych wizyt
- Profesjonalne porady odręcnie
leków

Usług lekarza pierwotnego kontaktu (GP)

- Doświadczani lekarze
- System umówionych wizyt
- Wizyty poranne, wieczorne oraz
sobotnie

Lekseykonu Objawów NHS (NHS Symptom Checker)

- Dostęp online
- Sprawdź swoje objawy
- Porada odnośnie dalszego
oddziaływania